

Pre-Diabetes

Prevent it, Control it!

Living Well With Pre-Diabetes

Diabetes is one of the leading causes of death (#6) in United States. The good news is that many of the major risk factors for diabetes can be prevented and controlled.

What Is Pre-Diabetes?

Pre-diabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. More than 1 out of 3— 86 million American adults— have pre-diabetes. 3 out of 10 people with pre-diabetes will develop type 2 diabetes within 5 years.

How Can I Tell If I Have Pre-diabetes or Diabetes?

9 out of 10 people with pre-diabetes do not know they have it! Many times there are no clear symptoms of Pre-diabetes. Sometimes people with pre-diabetes may have some of the symptoms of diabetes, like:

- ◆ Increased thirst, dry mouth and increased hunger (especially after eating).
- ◆ Nausea and sometimes vomiting
- ◆ Fatigue (weak, tired feeling)
- ◆ Increased urination (going to bath room too often)

If you answered yes to any of the following risk assessment questions, you may be at risk of having prediabetes or type 2 diabetes

Are you a woman who has had a baby weighing more than 9 pounds at birth?

Do you have a sister or brother with diabetes?

Do you have a parent with diabetes?

Are you younger than 65 years of age and get little or no exercise in a typical day?

Are you between 45 and 64 years of age?

Are you 65 years of age or older?

Some Life-Threatening Complications Of Not Treating Diabetes

- ◆ Eye problems- blurred vision, blindness
- ◆ Kidney failure
- ◆ Loss of toes, feet or leg
- ◆ Erectile dysfunction (Men)
- ◆ Heart disease and stroke

Who Is At More Risk?

- ◆ After age 45
- ◆ Being overweight
- ◆ Family history of diabetes, high blood sugar while being pregnant, or giving
- ◆ Certain ethnicities-African American, Hispanic/Latino, American Indian
- ◆ Not getting enough exercise daily (less than 10,000 steps daily)

You Can PREVENT Type 2 Diabetes

- ◆ By getting your blood sugar tested by your doctor
- ◆ Eating healthy and keeping a healthy weight.
- ◆ Be more physically active (30 min of exercise daily).
- ◆ Stop smoking
- ◆ Lower your blood pressure, if it is greater than 120 (top) and greater than 80 (bottom) number.
- ◆ See your doctor regularly



Diabetes Prevention	Address	Phone Number
MedStar Good Samaritan Hospital	5601 Loch Raven Blvd. Baltimore, MD 21239	443-444-4698
St. Agnes Hospital The Diabetes Center at the Maryland Metabolic Institute	900 S. Caton Ave. Baltimore, MD 21229	410-368-3244
UMMS Walter P. Carter Center Diabetes Prevention Program	701 W. Pratt St., Room 569 Baltimore, MD 21201	410-328-6717/8667
University of Maryland Center for Diabetes & Endocrinology	867 Linden Ave. Baltimore, MD, 21201	410-328-8402

Healthy Eating

Farmer's Markets	Druid Hill Farmers Market 3100 Swann Drive, 21217 Wednesday 3:30pm-7:30pm More info: www.baltimarket.org/farmers-markets/	410-545-7544
	Baltimore Farmers Market and Bazaar East Saratoga Street & North Holliday Street (underneath the Jones Falls Expressway), 21202 Every Sunday, 7:00am to 12:00pm More info: www.baltimarket.org/farmers-markets/	410- 752-8632
Simple Cooking with Heart Kitchen American Heart Association (AHA)	Heart Healthy, Fresh, Cooking Classes for only \$5 offered at multiple locations For more info: Email: baltimorekitchen@heart.org	410-342-0783

Physical Activity/

Exercise Classes

West Baltimore CARE	Zumba, Yoga, other fitness classes Email: HEZ_info@BSHSI.org Website: http://www.healthywestbaltimore.org/p2h/ https://www.facebook.com/WestBaltimoreCare	410-368-2192
Bentalou Rec Center	222 N. Bentalou Street, 21223 Free Zumba, Yoga and other fitness classes three times a week (Mon., Wed., Fri. 6:00 pm-7:00 pm)	410-396-0105
Perkins Square Baptist Church	2500 Edmondson Ave, 21223 (Kickboxing on Mondays 6:30 pm-7:30 pm)	410- 945-0445

